

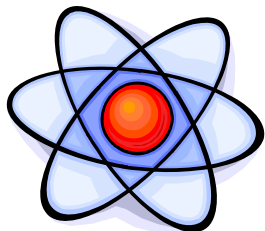


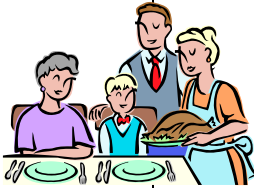

# BE THANKFUL

November 2007

## FUN FACT

You gobbled up your last meal, but a few hours later you are hungry again, why? Your body used up the energy from your food. Try a healthy and delicious snack to boost your energy. Try fruit, vegetables, popcorn, or cheese and crackers. Try to avoid high-sugar, high-fat treats that won't keep you satisfied very long.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Be THANKFUL for sunshine. <u>Do 2 sit-ups for every letter in sunshine.</u>	2 Be THANKFUL for your family. <u>Do 7 jumping jacks for each family member.</u>	3
4	5 Be THANKFUL for clean clothes. <u>Do 25 sit-ups.</u>	6 Be THANKFUL for your teachers. <u>Wall sit for 30 seconds.</u>	7 Be THANKFUL for trees. <u>Do 10 strong muscle poses.</u>	8 Be THANKFUL you can be active. <u>Jog in place for 1 minute. Repeat!</u>	9 Be THANKFUL for your country. <u>Be proud. Show your best strut.</u>	10
11 	12 Be THANKFUL for your friends. <u>Do 15 gallops. Do 15 more for a friend. Again!</u>	13 Be THANKFUL you can read. <u>Read for 10 minutes. Jump 10 times for every page you turn.</u>	14 Be THANKFUL for your PE teacher. <u>Do 35 side to side jumps.</u>	15 Be THANKFUL for your health. <u>Do 50 high knee lifts.</u>	16 Be THANKFUL for flowers. <u>Run in place for 1 minute. Rest. Run again. Rest. Again.</u>	17 <i>THANK your physical education teacher for making you healthier.</i>
18	19 Be THANKFUL for your heart. <u>Show an adult how to find your pulse.</u>	20 Be THANKFUL for your meals. <u>Carry a soup can in each hand for 3 minutes.</u>	21 Be THANKFUL you are not a turkey. <u>Flap your "wings" 50 times. Give a few gobbles.</u>	22 <b>HAPPY THANKSGIVING</b>	23 Be THANKFUL for your life. <u>Invent 4 new jumps. Show an adult.</u>	24
25	26 Be THANKFUL for your pets. <u>Do your best animal move. Show an adult.</u>	27 Be THANKFUL for the shoes on your feet. <u>Jump rope for 3 minutes.</u>	28 Be THANKFUL for your smile. <u>Do 30 jumping jacks.</u>	29 Be THANKFUL for music. <u>Get up and dance. Put on some music.</u>	30 Be THANKFUL for school. <u>Make up a game for your school.</u>	